

## Happy New Year Mental Health!!!!



The start of the New Year is a time to start anew. A time to let go of last year and the old way of doing things. The New Year is a time to do “different”. This is a time to set New Year’s Resolutions and to take charge of the year to come.

When we start the New Year, we make resolutions on careers, finances, family and health to name a few. Since this is the time to do “different”, it is time to add mental health to the list.

This is the right time to take charge of our Mental Health. Start anew and start fresh!

New Year’s Resolutions:

- ✓ Manage Mental Health Needs
- ✓ Get Help When Needed
- ✓ Discover [NAMI McHenry County](#)
- ✓ Create A [Wellness Recovery Action Plan](#)
- ✓ Find a [Recovery Support Group](#) or a [Family Support Group](#)
- ✓ Take A Family-To-Family Class
- ✓ Attend Mental Health Workshops and Programs
- ✓ Take A Mental Health First Aid Training Course
- ✓ [Volunteer](#)
- ✓ [Donate](#)

### Why is Mental Health Care so important?

In order to lead fulfilling and productive lives, our mental health must be in a healthy state. Mental Health Care also leads to better physical health and promotes a state of well-being. Experts have found when our mental health is in a healthy state, it boost the ability to deal with stress, make healthy decisions, think flexibly and problem solve.

Some of the benefits of [Mental Health Care](#) are happier moods and reduced anxiety. It also affects the way a person views themselves. Mental Health Care brings about a more positive state of being within our lives.

NAMI McHenry County offers hope to individuals living with mental health concerns. Our mission is to provide support, education and advocacy to in order to improve the quality of life of individuals with mental health conditions and their families.

This is a new year and it’s a good time to start managing our mental health.